



Seared Scallops with Avocado and Daikon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado very thinly sliced
- ☐ 0.5 medium daikon radish white very thinly sliced (Japanese radish; 12 ounces)
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 1 tablespoon grapefruit juice fresh
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil plus more for drizzling
- ☐ 1 pound scallops

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 teaspoon yuzu kosho green
- ☐ 1 tablespoon yuzu juice drink

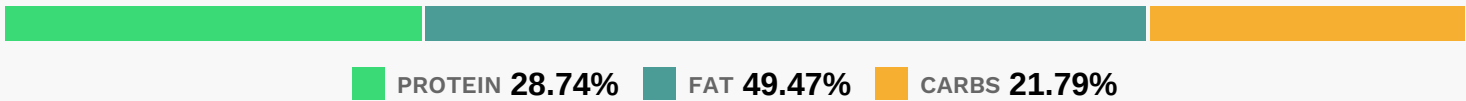
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Toss daikon, vinegar, and yuzu juice in a medium bowl; season with salt. Set aside.
- ☐ Season scallops with salt.
- ☐ Heat 1 tablespoon oil in a large skillet over high heat until almost smoking.
- ☐ Add scallops and cook until seared and golden brown but still raw in the center, about 2 minutes per side; transfer to a plate.
- ☐ Let cool slightly, then slice each scallop crosswise into 3 rounds.
- ☐ Divide avocado among plates; drizzle with lemon juice and season with salt. Set scallops on avocado and dab them with yuzu kosho.
- ☐ Drizzle grapefruit juice and oil over, top with grapefruit zest, and season with salt. Arrange reserved daikon over scallops.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:11.780434800231%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.48kcal (10.22%), Fat: 11.5g (17.69%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 7.28g (2.65%), Sugar: 2.52g (2.8%), Cholesterol: 27.22mg (9.07%), Sodium: 651.86mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.06%), Phosphorus: 416.52mg (41.65%), Vitamin B12: 1.6µg (26.65%), Vitamin C: 18.69mg (22.65%), Selenium: 15.02µg (21.45%), Folate: 71.52µg (17.88%), Potassium: 594.6mg (16.99%), Fiber: 4.12g (16.47%), Vitamin K: 12.79µg (12.18%), Magnesium: 47.79mg (11.95%), Vitamin B6: 0.23mg (11.66%), Vitamin E: 1.55mg (10.34%), Vitamin B5: 1.01mg (10.09%), Zinc: 1.43mg (9.51%), Vitamin B3: 1.77mg (8.86%), Copper: 0.17mg (8.6%), Manganese: 0.11mg (5.64%), Vitamin B2: 0.09mg (5.38%), Iron: 0.96mg (5.31%), Vitamin B1: 0.05mg (3.4%), Calcium: 27.19mg (2.72%), Vitamin A: 78.34IU (1.57%)